

Basketball camp provides inspirational experience

Story and photos by
Alexandra Williams

*U.S. Army Garrison Giessen
Public Affairs Office*

Basketball-crazy teens in the U.S. Army Garrison Giessen had an inspirational learning experience July 6-15 during a basketball camp held at Miller Hall Fitness Center. Dubbed Hoopology 101 and led by Giessen High School coach Ron Merriwether and his assistant, Gary Gulley, the program promoted good sportsmanship while having fun.

Eleven youngsters ages 12-16 learned warming up and stretching techniques, shooting and plyometrics during the clinic that was presented by the new SKIES Unlimited program.

Special guests Dennis Woodall, an ex-National teammate of Dirk

Nowitzki's, and ex-pro Joe Asberry, came for one day each to share their expertise, giving hints and shooting a few baskets with the teenagers.

The idea for the camp arose shortly before school ended in June, explained Merriwether.

"It's like killing two birds with one stone," he said.

"I know that many kids miss playing basketball in the summer. There is not much they can do here so I wanted to offer them something," he said.

Another reason was to teach them the right skills and fundamentals, he said.

"Kids in the U.S. are often focusing on the wrong things now. Basketball has changed and they have things like hip hop basketball where they concentrate too much on the show. They make sure they dunk and dribble nice and look good in all aspects. I'll try to teach the kids that you can look good but the fundamentals are more important than the show," he said.

Good skills are vital, especially for youths who spend a couple of years in Europe. Making a name is tough for those who live in Europe, according to Merriwether.

"In the States they have a system. They go through the season and when it's over they can go to summer camps. The kids here are at a disadvantage because once the season is over they are done playing and they have to wait until the new season begins. There is nothing offered where they can work on their skills," he said.

Merriwether knows about the difficulties in being accepted in the U.S. when coming from a school in Germany, he said.



Dennis Wagner improves his jumping skills at one of the learning stations during the basketball camp.



Bernard Burwell (left to right), Isaac Boulware, Marlon Williams and Gary Williams test their skills in a competition during the basketball camp.

"When I left Germany to attend college in Virginia I was told by my coach that I would never play because I was not an All-American. So I worked hard on my skills on my own and improved. That's how everything started," he said.

Today Merriwether looks back at a four-year National Collegiate Athletic Association experience in which he was selected twice for the all-academic team. His awards include selection as an All-American candidate in 2002 and Player of the Year in the Dixie Conference. Besides being a coach at the high school he also plays pro ball in Germany's Second League.

Fifteen-year old Gary Williams, who plays for the Giessen High School team, immediately signed up when he found out that Merriwether was hosting the clinic.

"He is the best coach one can have. I learned a lot," he said.

"It's great they offered a camp because there is not much to do around here in the summer. Especially this year since there are no summer hire jobs," Williams said.

"They should offer such camps more often. I play basketball and football, and I appreciate any chance to play," said 14-year-old Marlon Williams.

For Tiana Benjamin, 14, it was her first camp experience. "I learned how to fix myself and improved some things, like my shots. It was fun and a good experience," she said.

"I've played basketball since I was 10 years old and I have played on teams in the States, but there is still so much I can learn. I am really glad they offered the camp and I hope they offer more programs soon," said Benjamin.

After-school program offers instructional activities

New SKIES Unlimited program targets USAG youths

By **Alexandra Williams**

U.S. Army Garrison Giessen Public Affairs Office

The call of U.S. Army Garrison Giessen's youth for more after-school activities did not go unheard. Starting in September the SKIES Unlimited program will provide young community members with opportunities to expand their knowledge and acquire new skills.

The acronym SKIES stands for School of Knowledge, Inspiration, Exploration and Skills while Unlimited signifies there are no limits to the instructional classes that can be offered.

Bringing the program to Giessen enables the Child and Youth Services to offer youngsters the same opportunities children in larger communities in Europe or the States already enjoy, said Megan Ambrose, SKIES Unlimited program manager for the USAG Giessen.

"Though we are only a 'small community' and

scheduled to close next year, we are able to offer it. That makes me very proud and happy," she said.

Ambrose, who coached CYS basketball last season, knows that the young community members continuously requested more instructional programs, she said.

Due to language barriers children in overseas military communities depend on after-school programs offered in their community, she explained.

"Those programs are usually limited in what can be offered. Now I can look for adults who would like to teach youths their specialty in a broad variety of classes," said Ambrose.

This can include piano, guitar, photography, writing or gymnastics.

A basketball clinic held in July and hosted by Giessen High School coach Ron Merriwether became a somewhat unofficial premiere of the program.

"I was just hired for the program when Ron approached me and said he would like to volunteer to host a basketball training camp. We only had a few days before the scheduled date. I am glad we were able to put it together so fast," she said.

"There were only a few days to register and we had a good turnout. Youths and parents alike were really happy that we offered them something to do," she said.

Adult instructors sought

To cater to the leisure time needs of the youngsters Ambrose is now seeking adult community members who would like to share their specialty as a program contractor.

People who can teach art, music or sports are sought, she said.

Adults interested in teaching these activities can contact Megan Ambrose at mil 343-7731 or send an email to megan.ambrose@us.army.mil.

USAG Giessen – Friedberg, Giessen



Photos by Alexandra Williams

Children and adults lead goats to the pasture during a visit to a local animal farm July 19. The Giessen Library sponsored the trip as part of this year's Summer Reading Program. Photo left: Ethan Snead and Joshua Galgon pet a one-week-old calf.

A day at the local animal farm



Photos by Alexandra Williams

Four-year old Ambar Gonzales holds a newborn rabbit with the help of her mother, Yanira. Photo left: Children and mothers watch the goats graze in the pasture. Photo top left: A group of children offer feed to one of the pigs in the pit. For many youngsters it was the first time they had seen a real pig. It was also the first time many had learned about the work involved in producing food for people. The Diehl family, the owners of the farm, welcome school classes and also host children's birthday parties.



Hotline provides means for assistance

By Alexandra Williams
U.S. Army Garrison Giessen
Public Affairs Office

Are you looking for a way to communicate with the U.S. Army Garrison Giessen command? Then the Commander's Hotline is the right tool.

Different from the Interactive Customer Evaluation Program that is aimed at service providers, the hotline is a means to share concerns, ask questions or request assistance from Garrison leadership.

"It's a good way to get in touch with the garrison command especially when you live outside of the military community and do not know who to call or e-mail," said Missy Lee, U.S. Army Garrison Giessen Plans, Analysis and Integration officer.

Lee's office is responsible for the screening of emails, briefing the commander on issues received through the hotline and distributing them to the appropriate office for action, while ensuring the commander's awareness at every stage.

There are no limitations on who can voice concerns, Lee said, and referred to an email that was sent to the hotline in June from Jörg Groen, a local national from Bergisch-Gladbach, who requested help.



Photo courtesy of Missy Lee

Jörg (left) and Karl Groen pose with a Scroll of Appreciation from the USAG Giessen. Jörg Groen contacted the Commander's Hotline requesting recognition for his father, who worked for the U.S. Army in Giessen 50 years ago.

"His father worked for the Labor Services 50 years ago and he asked us if it was possible to send him a recognition certificate for his 75th birthday," she explained.

According to the email, Karl

Guenter Groen worked for the Army on the Giessen Depot from April 1954 to July 1956 with the 6990th Labor Service Quartermaster Battalion and then temporarily with the fire department in Hanau.

"My father is still talking a lot about his time working for the U.S. Army in Giessen. Is there a chance that he'll get some recognition from (the U.S. Army) dignifying his services 50 years ago?" Jörg Groen asked.

After consulting with the commander, the email was forwarded to the adjutant's office. A few days later a Scroll of Appreciation, signed by the garrison commander and command sergeant major, was sent to the Groen family.

"Many, many thanks for your recognition award — it was a really great surprise for my father and the whole family. It was the trigger for him to tell the whole audience at his birthday party a lot of stories about his service — and he did it all over the day," read an email that Jörg Groen sent just a few days later.

"It's just one example of a single email making a difference to someone. Our job is to take care of all USAG Giessen families — present or past. I'd like to encourage community members to use the Hotline to communicate with the command," she said.

To send an email to the hotline, go to www.giessen.army.mil and click on Commander's Hotline or write to: CDR284THBSB@104asg.army.mil.

Victim advocate corner

In this week's victim's advocate corner you have a chance to test your knowledge of frequently used words and terms associated with domestic violence and sexual assault. Enjoy testing your knowledge by taking the challenge below.

Victim Advocacy Word Search

TKIEDMARYPFUJEY
XLPNIEEDRMNEMGC
PAUTTDTEVROOASA
RHCANEVCEOTDERC
CIYESENSIICXOSO
VOFSNSTTORUAESV
VFUTIRANIATXCAD
OMINICATLOUSWYA
COACSLAANANAETY
NOTXAESLLERARRL
EENBESLAAECOLTI
DMUSAEBINBPERWM
JSIUEUFENPUUDDA
EILRSNSAUGSSCNF
TTZECSTSSCZEPI

ADVOCACY
AWARENESS
CONSENT
COUNSELING
CRIME
EMOTIONAL ABUSE
FEAR
INDECENT ASSAULT
INTENTIONAL
OFFENDER
PHYSICAL ABUSE
PREVENTION
RAPE
RESTRICTED

SAFE EXAM
SEXUAL ABUSE
SEXUAL ASSAULT
SODOMY
SUPPORT
TRUST
VICTIM

For information about the Victim Advocate Program and available services contact your Installation Victim Advocate, Tangela Mills, at Army Community Service on Friedberg's Ray Barracks. Call mil 324-3710/3465 or civ (06031) 81-3710/3465. Remember, anyone can be a victim of domestic abuse. The victim advocate is here to answer all questions and listen to your concerns.

Safety in the sun

Hot summer sun can cause a lot of problems.

The short-term effects of overexposure may be pain and discomfort due to sunburn. The long-term effect is permanent aging of the skin. The sun slowly destroys elastic fibers that keep the skin taut and young looking, leaving it dry and wrinkled.

A far more serious danger is skin cancer. Skin cancer is the most common of all cancers, with four hundred thousand new cases each year. This is caused by ultraviolet rays emitted from the sun. Sunburns can act like a thermal burn. Severe burns will blister. Prevention of skin cancer as well as sunburns means reducing the skin's exposure to direct sunlight.

To reduce the risk:

- ☞ Cover up with clothing.
- ☞ If this is not possible then the use of sun block can help. It

can reduce exposure to the damaging effects of sunlight as much as 90 percent.

- ☞ Use sunglasses. When fitted and worn correctly they can protect you from over 90 percent of the damaging effects of sunlight.

There are four things to consider when selecting the perfect pair of sunglasses: Do they

fit? What is the UV protection offered by these glasses? Do they protect your eyes from glare light? Do they block visible light?

Good sunglasses block 75-90 percent of visible light. To check this look into a mirror. With the glasses on you should not see your eyes.

- ☞ Lastly, drink plenty of water on hot summer days. And don't forget that the same rules apply to your pet. Never leave a pet unattended in the car. (Courtesy of Helmut Scharrel, USAG Giessen Safety Office).



Community spotlight

Relax with the stars

The Elsie Thornton #36 Order of the Eastern Star District Eight Jurisdiction of Oklahoma hosts a trip to Hambachtal Aug. 25-27. The cost is \$50 for the bus and \$120 for two overnights for adults, \$90 for children age 11-14 and \$70 for children 11 and younger. Price includes two breakfasts, one dinner and free admission to the Subtropical Waterpark. Amenities at the hotel include tennis, fitness center, archery, biking tours, massages and much more. The trip is open to everyone. For more information call Mary Young-Morrow at civ (0173) 185 8381 or Kendria Myles at civ (0179) 986 0926.

Butzbach School registration

Registration for the upcoming school year continues at the Butzbach Elementary School. All new and returning students must register before Aug. 28 when the new school year starts to guarantee classroom placement. Returning students need to bring immunization records and a current or updated copy of the sponsor's orders. New students are asked to bring their passport or birth certificate, an updated immunization record, an updated copy of the sponsor's orders with the child's name on it and the academic school records from previous schools (if applicable). For more information call the school registrar, Sarah Gersper, at civ (06033) 74520.

Parent's Night Out

The next Parent's Night Out will be held at the Giessen Child Development Center Aug. 18 from 6:30-10:30 p.m. The cost is \$16 for CDC-age children and \$12 for School Age Service-age children. Service includes dinner and snacks. For more information call mil 8216/7028.

Jobs in Butzbach

The Butzbach Elementary School is hiring substitute teachers, paraeducators, administrative assistants and clerical support for the upcoming school year. For information regarding these vacancies call Gwen Butler at civ (06033) 74520 or stop by the school to pick up an application.

Developmental preschool screenings in Butzbach

The Butzbach Elementary School hosts developmental preschool screenings late August and early September. The program is geared towards children age 3-5 that have language, cognitive, fine/gross motor, social/emo-



Photo by Alexandra Williams

Happy birthday Chaplain's Regiment

Community members celebrate the 231st anniversary of the Chaplain's Regiment July 25 at the picnic area in Marshall Housing in Giessen. The U.S. Army Giessen Chaplain's Office sponsored a barbecue in honor of the event.

tional and or hearing/vision delays. The screening is open to families living in the USAG Giessen that have concerns regarding their preschooler's developmental milestones. Call the school at civ (06033) 74520 to set up an appointment.

VA benefits brief

A Veteran Affairs benefits briefing takes place Aug. 17 from 9 a.m. to noon in Giessen. Call mil 343-9332 to sign up.

Homecoming training

Army Community Service hosts a Successful Homecoming Training for Spouses Aug. 30, Sept. 7 and Sept. 14. The daytime class takes place from 10-11:30 a.m. and evening classes are hosted 6-7:30 p.m. The class answers questions such as what changes have taken place since the deployment; what to expect when your spouse returns from rest and recuperation leave; what to say and not to say about the Soldier's experiences in Iraq. For details call Katherine Monge at mil 343-6039/7618.

Belly dance classes

Belly dance classes take place Tuesday from 5:30-6:30 p.m. at the Miller Hall Fitness Center in Giessen. A certified instructor teaches participants new moves. Cost is \$4 per class or purchase a booklet for 10 classes for \$30. For more information call mil 343-7201.

Auditions for play

Auditions for the Keller Theatre's

evening of one-act plays, "One-Uno-Eins," will take place Aug. 29 and 30 at 7 p.m. in the Keller Theatre located across from the U.S. Depot. Five men, five women, backstage and technical help is needed. No previous experience is necessary. For information call mil 343-6515.

August Strassbourg Express

The Better Opportunity for Single Soldiers program hosts a Strassbourg Express trip Aug. 26. The bus leaves the U.S. Depot at 7 a.m. and departs Strassbourg at 11 p.m. The cost is \$40. Reservations must be made by Aug. 18. Call BOSS in Friedberg at mil 324-3158.

Fitness classes

Step Aerobics are offered Thursday from 5:30-6:45 p.m. at the Capri Club in Friedberg. **Body Sculpt** classes are hosted Wednesday and Friday from 9-10 a.m. at the Butzbach Satellite Gym in Building 3465 and Tuesday from 5:30-6:30 p.m. at Friedberg's Capri Club. The class combines exercise with resistance training for a complete workout. **Step and Sculpt** classes take place Monday and Wednesday from 5:30-6:30 p.m. at the Miller Hall Fitness Center in Giessen. The class offers a calorie-burning combination of Step Aerobics and Body Sculpt. For more information on the classes call mil 324-3155 in Friedberg and mil 343-7201 in Giessen.

A day at the wave pool

The Better Opportunities for Single

Soldiers program hosts a trip to the Frankfurt Wave Pool Sept. 1. The trip is open to Soldiers and families. The bus leaves from the U.S. Depot in Giessen at 8 a.m. and Friedberg at 9 a.m. Transportation is free, cost at the pool is between €5-9 depending on age. Reservation deadline for a seat on the bus is Aug. 30. For more information call civ (06031) 81-3158.

Auto Skills Center opening hours

The opening hours for the Auto Skills Centers in Giessen and Friedberg are Tuesday to Saturday from 10 a.m. to 6 p.m. The centers are closed on federal holidays. For information call in Giessen mil 343-7050 and in Friedberg mil 324-3218.

Choctaw Management jobs

Choctaw Management Services Enterprises seeks candidates for home visitor positions in Giessen for the Army New Parent Support Program. Candidates must be either a licensed clinical MSW or licensed BSN with two years experience beyond graduation working with expectant mothers, new parents, child abuse and/or maternal and child health. Send resumes to mariela.fernandez@ima-e.army.mil or fax to civ (06221) 57-4091. For more information call civ (06221) 57-7840 or mil 370-7840.

Paper recycling mandatory

To reduce the costs of waste disposal in the USAG Giessen proper paper recycling becomes mandatory for all employees. The new rule currently applies to Buildings 32, 95, 106 and 115 on the U.S. Depot in Giessen (other buildings will gradually be added to the list) and implies that only properly separated office trash cans will be emptied. This means that paper and aluminum must be collected in separate containers. Any residual waste cans containing either paper or aluminum (i.e. soda cans) will no longer be emptied by cleaning personnel.

Second Cup of Coffee

Army Community Service hosts Second Cup of Coffee Monday in Friedberg and Wednesday in Giessen from 9-10 a.m. The program is designed for community members who wish to take a break or step out of the house to meet new friends and enjoy friendly conversation with others. For details call mil 343-7218 in Giessen; mil 324-2465 in Friedberg.

Deployments make blood donations difficult

Those who can donate blood are needed more than ever

By Dennis Johnson
U.S. Army Garrison Hessen
Public Affairs Office

Members of the U.S. Army Europe Blood Donor Center came calling in Hanau July 18.

The Landstuhl-based unit hosts two blood drives a week in different locations around Germany to collect the vital fluid. The program supplies blood to all military hospitals in Europe serving wounded Soldiers returning from deployments, as well as civilians and family members.

"We want to collect 300 units (a unit equals about a pint or 450 milliliters) and they're always used," said Sgt. Ashley Fenton, a technician with the USAREUR Blood Donor Center. "The blood you donate expires 42 days after you donate, but it definitely gets used before then."

"I think people want to come out to donate because of where it's going," said Sgt. John Spurlock, a Blood Donor Center technician. "It goes into injured Soldiers, and some of it goes downrange."

The technicians set up stations for interviewing donors and drawing the blood on the basketball court in Pioneer Fitness Center with help from American Red Cross volunteers. While technicians drew blood, others scoured the casern for willing donors. Newly arrived Soldiers at the 64th Replacement Company, who had just landed in Germany, were welcomed to Europe with a request for their blood.

Before being allowed to donate, potential donors are asked a slew of questions to determine if they are eligible. Many Soldiers cannot donate because of recent deployments to Iraq or Afghanistan. After one year home they become eligible to donate again.

Other reasons you may not be eligible to donate:

- ✗ Due to the chance of exposure to leishmaniasis (a disease spread by sand flies) those who have traveled to Iraq are ineligible to donate for one year after their return.

- ✗ If you have traveled to Eastern Turkey or the western provinces of Saudi Arabia.

- ✗ If you traveled to South Korea in the past two years or were north of Seoul at any time.

- ✗ Even though there have been no documented cases of Creutzfeldt-Jakob Disease, often known as Mad Cow Disease, being transmitted through blood transfusions, people who may have been exposed to possible sources

of the virus will be ineligible to donate until a test to detect the virus in blood is developed. You are ineligible if:

- ✗ You traveled or resided in the United Kingdom from 1980-1996 for a cumulative period of three months or more.

- ✗ You were affiliated with the Department of Defense and stationed in Europe from 1980-1996 for a cumulative period of six months or more.

- ✗ You traveled or resided in Europe from 1980 to the present for a cumulative period of five years.

- ✗ You received a blood transfusion in the United Kingdom since 1980.

- ✗ You received bovine insulin produced in the U.K. since 1980.

- ✗ Have donated blood in the last 55 days.

- ✗ Had any part of your body pierced in the past 12 months.

- ✗ Had a tattoo or brand in the past 12 months.

- ✗ Had an immunization recently. (Deferral times vary from two weeks to one year depending on the vaccine.)

- ✗ Are taking certain medications. Most medications do not disqualify donation. The technicians will determine if you are eligible.

- ✗ Do not feel well.

- ✗ Have a low hemoglobin (iron) level. This will be tested before you donate blood and you may donate as soon as your level reaches the minimum level.

- ✗ Do not weigh 110 pounds.

- ✗ Have traveled to or visited a malarial area in the last 12 months. The technicians have a list of malaria-affected areas.

- ✗ Have uncontrolled high blood pressure. This will be tested before you donate blood.

- ✗ Have a cold, flu or flu-like symptoms. You are eligible to donate once you are well for three days.

- ✗ Have HIV or ever tested positive for HIV.

- ✗ Are pregnant. You may donate again six weeks after delivery.

- ✗ Been bitten by a human being in the past 12 months.

The techs will take your blood pressure, pulse, temperature and hemoglobin level to ensure you are healthy and ready to donate.

The questions and tests are just the first step to ensure a safe blood supply. After your blood is in the bag, a sample of it is sent to Fort Hood, Texas, to be tested for any abnormalities or diseases.

"We donate as often as we can. It's



Photo by Dennis Johnson

R. Scott Morris, a Hanau High School teacher and regular blood donor, passes the time reading a Stars & Stripes newspaper while giving blood.

a good thing to give for the people who need blood, and I think it's good for me too," said R. Scott Morris, a teacher at Department of Defense Dependents Schools in Hanau.

"It doesn't hurt," he said. "I think people are afraid because they haven't done it; but if they did it they'd see it's nothing to be frightened of. I think the more people who could come, the better it would be for everyone."

Blood drive in Büdingen

The 1st Squadron, 1st Cavalry Regiment, will host a blood drive in Büdingen Sept. 22 from 10 a.m. to 2 p.m. at the fitness center on Armstrong Barracks.

For information call mil 321-4794/710 or civ (0174) 458 5769.

For more information on donating blood in Europe visit www.militaryblood.dod.mil/USAREUR/index.htm.

ACS celebrates 41st birthday

Command Sgt. Maj. Jose Fontanez and Bill Epprecht, Army Community Service mobility deployment manager, man the grill at ACS's birthday party on Pioneer Kaserne July 25. "At every activity in the community you'll find someone from ACS at the heart of it," said Col. Herman "Tracy" Williams III, USAG Hessen commander. The crowd enjoyed the barbecue to honor all ACS does for the community.



Let's hit the beach (clubs)

There are several beach clubs in the Frankfurt/Hanau area where you can soak up the sun, play beach volleyball, water ski, down an icy Mai-Tai and pretend you're at a Mediterranean beach. For a break from the hot weather, try out one of these local spots.

Galerie Beachclub

The Galerie Beachclub is open every day from noon till the wee hours of the morning (provided the weather is nice). The club is located on the banks of the Main River in the eastern part of Frankfurt. Its special Mediterranean flair features a beach made of more than 1000 tons of sand, wicker beach chairs, two cold water whirlpools, various bars, an Italian cafe and an open-air stage with a dance floor. Free sports activities include beach volleyball, badminton, soccer, bocce and table tennis. Water sports include wakeboarding and waterskiing and are offered daily from 12:30-6 p.m. for an extra fee.

Every Saturday afternoon open-air fitness classes are offered. There is an all-you-can-eat beach buffet on Sunday from noon to 4 p.m. A Kid's Club with games and activities for children runs Sunday from 2-8 p.m. (€5 per child including soft drinks).

After-work parties are held Thursdays with drinks at happy hour prices, a barbecue buffet dinner for €5 and the hits from DJ Chris. Happy Hour features selected drinks for a reduced price all day and night (except Sunday and German holidays). Admission to the beach club is €5 with free admission on Monday and Tuesday (day and night) and Monday to Saturday until 8 p.m.

Directions: From Hanau take Autobahn 66 toward Frankfurt and exit at Maintal-Bischofsheim. Turn right at the light and go straight until you reach a major intersection. Turn right onto B8 and continue until you enter Frankfurt. Keep straight on Hanauer Landstrasse until you reach another major intersection with an Autobahn underpass. Go straight through the underpass and take a left at the next light following the sign for Osthafen. Drive down Intzestrasse to the end and turn left into Franziusstrasse. Continue straight until you come to another Autobahn underpass; go under the Autobahn to the club.

<http://beachclub.galerie-frankfurt.de/> (German language only)

King Kamehameha Beach Club, Offenbach

This beach club covers 11,000 square meters with 5,000 tons of the whitest sand. It offers three beach volleyball fields, two caged soccer fields (four players per cage at €30 per hour), waterskiing and a semi-covered dance floor. Enjoy DJ dance parties on Saturdays, "Envy and the Groove Rebels" on Wednesday night, an exclusive lounge, beach beds, heaters for cool nights, massage treatments, barbecue and light cuisine, and an Italian coffee shop. Entrance fee is €3-



Photos courtesy of King Kamehameha Beach Club

The King Kamehameha Beach Club offers a sandy spot to catch some sun, chill with a cool drink, play volleyball, water ski or have an outdoor massage.

5. Free admission Monday to Friday from 3-6 p.m.

Directions: At the 'Kaiserlei' traffic circle in Offenbach take the exit toward 'Hafen,' stay on the priority road and drive down Nordring, turn left toward 'Hafen 2' shortly before you reach the bridge over the Main River. Follow this road for about 100 meters and take a right. By public transport: Take the S-Bahn 1, 2, 8 or 9 to Offenbach and get off at the 'Ledermuseum' stop. From here take a taxi cab to the beach club. The taxi should cost around €5.50.

King Kamehameha Beach Club, Hafeninsel 2, 63065 Offenbach, is open May to September, Monday to Thursday 3 p.m. to 1 a.m.; Friday and Saturday from 3 p.m. to 2 a.m.; Sunday and German holidays noon to 1

a.m. Closed in case of rain. www.king-Kamehameha.de (only German pages).

Hanau 'City Beach' on the 'Galeria Kaufhof' sundeck

Enjoy Mediterranean flair with sand, palm trees, food and drinks and sun chairs on the roof of the Galeria Kaufhof store next to the market square in the heart of Hanau.

Weather permitting the 'City Beach' will be open Sunday to Thursday from noon to 10 p.m., Friday and Saturday until 11 p.m. During regular store hours you access the sundeck from the Galeria Kaufhof stairs in the sports section on the third floor. Outside of store hours you still have access through the emergency exit (Notausgang) on Nürnbergerstrasse between the Galeria Kaufhof and the shop, Papeterie.

Yachting in Hanau

Frey Yachting in Hanau is the only boat rental spot on the Main River between Würzburg and Frankfurt. It is located on Philippsruher Allee at Hellerbrücke, the bridge where the Kinzig River flows into the Main River. You can rent paddleboats, row boats, canoes, kayaks and motorboats. A boating license is required to rent motorboats.

Frey Yachting is open (weather permitting) Monday to Friday from 1-7 p.m., Saturday, Sunday and German holidays from 10 a.m. to 7 p.m. Call 0172-721-9534 or (06181) 907-272 for special arrangements outside opening hours.

Visit www.bootsschule.com for more information (only German pages).

Riverboat trips from Hanau

Travel by boat on the Main River for a leisurely trip to Seligenstadt, Aschaffenburg or Frankfurt. Daytrippers can board at one of three piers in Hanau: Grossauheim, Steinheim or Philippsruhe Castle. From Frankfurt you can continue on other Primus trips to tour the vineyards and castles along the Rhein. Call (069) 133-8370 for information or go to www.primuslinie.de (only German pages).



Photo by Dennis Johnson

The Primus line runs tour boats along the Main and Rhein Rivers, including during the Rhein-a-Flame exhibitions.

Hanau Community – Büdingen, Hanau



Judo classes for youths

Youths interested in judo can take free lessons courtesy of Klaus-Peter Daube, Grossauheim police chief. Classes are being taught Thursday at 3 p.m. at the police station fitness center on Cranachstrasse, in the Lamboy section of Hanau (near Yorkhof and Hutier Kasernes). Call the Hanau Public Affairs Office at civ (06181) 88-1600 or mil 322-1600 to sign up and join the class.

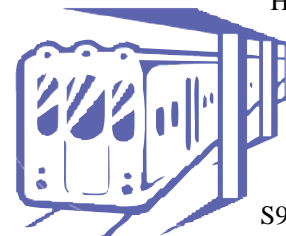


S-Bahn construction

If you are traveling from Hanau to downtown Frankfurt, especially to the Hauptbahnhof (main train station), be aware that the S-Bahn will be shut down in places between Konstablerwache and

Hauptbahnhof due to construction through August 18.

Through Aug. 7 the S8 and S9 service from Hanau will end at Frankfurt's Konstablerwache and resume at the



Hauptbahnhof. Use regional trains, street cars, buses and the U-Bahn to work around this interruption. The U-Bahn 4 and 5 travels between Konstablerwache and the Hauptbahnhof.

From Aug. 8-18 the S8 and S9 service will end at the Hauptwache and resume at the Hauptbahnhof.

Camp Adventure

Program offers fun in the summer by the event, day or week

By Dennis Johnson
U.S. Army Garrison Hessen
Public Affairs Office

Children in the Hanau Community don't have to look far to find adventure, it's right in their own backyard.

The Camp Adventure program offers organized activities throughout the summer including daily activities and day-long field trips every Wednesday through Aug. 18.

Activities run daily from 9 a.m. to 4 p.m. except for the special field trips.

Parents can enroll their children in the Camp Adventure program for all the remaining weeks, a single week, a day or one particular trip. Parents are invited to join their children on these adventure trips as well.

Past trips have taken the youths to visit the Miramar Water Park, Phantasialand and the Warner Brothers Movie Park.

College students out of school for the summer play a large role in Camp Adventure's success. Camp Adventure, a private organization contracted by the government, recruits and trains students on college campuses during the academic year to travel overseas to work with the military children for the

summer.

"We're all college students. We're getting academic credit for being over here this summer," said Evan Dickson, 24, the Hanau Camp Adventure program director and a recent Oregon State University graduate. "Camp Adventure accepts students of all majors, but the majority are education and social work majors."

"Our purpose is to provide good role models for the kids and ensure they have a good time," said Dickson. "One parent may be deployed and the other working."

Camp Adventure allows college students a chance to visit Europe while bringing a quality program to military children said Dickson. They receive no salary, but they are flown from the States, provided housing and given a small stipend for incidentals.

"I love the program. It's a job that you can't have anywhere else; it's really fulfilling," said Dickson.

Camp Adventure in Hanau divides the children into two age groups with about 50-70 kindergarteners to fifth-graders meeting at the Child Development Center on Sportfield Housing and the six-graders and older children

meeting at the Galaxy Teen Center on New Argonner Kaserne.

Hanau parents who want to sign their children up for Camp Adventure should call School Age Services at mil 322-8155 or civ (06181) 88-8155. Children must first be registered with CLEOS. Call mil 322-9144 or civ (06181) 88-9144 to register.

Remaining trips include:

For grades 1-5 — **Aug. 9, Technik Museum:** This museum features 3000

examples of airplanes, helicopters and vintage cars. **Aug. 16, Legoland:** More than 50 million Lego bricks make up the attractions.

For middle schoolers and teens — **Aug. 9, swimming at Rebstock. Aug. 16, Legoland.**

College students who may be interested in joining the Camp Adventure staff can learn more about the program at www.campadventure.com.



Photo by Dennis Johnson

Children compete in tug of war as Jordan Beard, camp counselor, encourages them at the Camp Adventure Olympics on Pioneer Kaserne July 28.

Community notes . . . Community notes

Military Idol

Active duty Soldiers can take a shot at becoming the next Military Idol. The competition starts Aug. 25 and continues every Friday, except the Labor Day weekend, until Sept. 29. It will be held at Club i in the Community Activity Center on Fliegerhorst Kaserne starting at 7 p.m. Applications and rules are available online at www.militaryidol.com. Winners will advance to the Army-wide finals. For information call mil 323-3270, civ (06181) 180-3270.

Club i to close

Club i in the Community Activity Center on Fliegerhorst Kaserne will be closed after Aug. 18 except for special events such as the Military Idol competition. The club is available for unit or private functions. Call mil 322-7509.

FRG training

Family Readiness Group Leadership training will be held Aug. 22 and 29, from 9 a.m. to 2 p.m. Family Readiness Liaisons/Rear Detachment Training will be held Aug. 17 and 24 from 9 a.m. to 2 p.m. All training will be held at the Wolfgang Outreach Center, Building 514, Wolfgang Shopping Center, and is open to the community. Call mil 322-8965 or civ (06181) 88-8965 to sign up.

AFTB classes

Army Family Team Building classes are held in Building 514 on Wolfgang Shopping Center in Hanau and in Building 2207 on Armstrong Barracks in Büdingen. All classes are free and child care is provided. Sign up early to ensure a seat and child care availability. AFTB also offers specialized training for FRG leaders, liaisons, support assistants and rear detachment commanders. For information call mil 322-5308.

Library lunch time

Büdingen Library is now closed for lunch from 1-2 p.m., Monday to Friday. The library is located in Building 2207 on Armstrong Barracks. Call mil

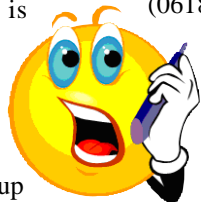
321-4739.

Craft shop closure

The American Sampler Craft Shop in Building 545 at Wolfgang Shopping Center in Hanau will be closed Aug. 30-31 for inventory. Call mil 322-8082.

Belly dance classes

Hanau USO is sponsoring belly dancing classes Aug. 7-30, Sept. 11 to Oct. 4, and Oct. 9 to Nov. 1. Classes will be held Monday and Wednesday in Building 10 on Pioneer Kaserne. Level 1 class from 5-6 p.m. and level 2 from 6-7 p.m. \$80 per course (8 lessons). Wear slippers or non-skid socks and exercise clothes. For information call Hanau USO at mil 322-8725 or civ (06181) 88-8725.



24/7 patient liaison help

Community members can now call the Hanau Health Clinic's patient liaison office around the clock for assistance. The new 24-hour civilian cell phone

number is civ (0162) 270 4553. During duty hours you can also reach a patient liaison at mil 328-6599 or 6691.

Holiday dates

The French celebrate Assumption Day on Aug. 15. Oktoberfest will be held this year in Munich from Sept. 16 to Oct. 3. The American Labor Day holiday is Sept. 4.

VAT office hours

The Hanau Value Added Tax Office in the American Sampler Craft Shop is temporarily closed Sundays. The office is open Wednesday to Friday 11 a.m. to 6 p.m., Saturday 10 a.m. to 4 p.m.

Girl Scouts

The Hanau Girl Scouts is seeking leaders and volunteers for positions such as secretary, cookie manager, treasurer and chairman for the 2006/07 Girl Scout year. Girl Scout registration is Aug. 15, 5-6 p.m. in Building 459, Old Argonner Kaserne. To help the Girl Scouts call Linda Tolen at civ (06181) 88-9765 or civ (06184) 936-850.

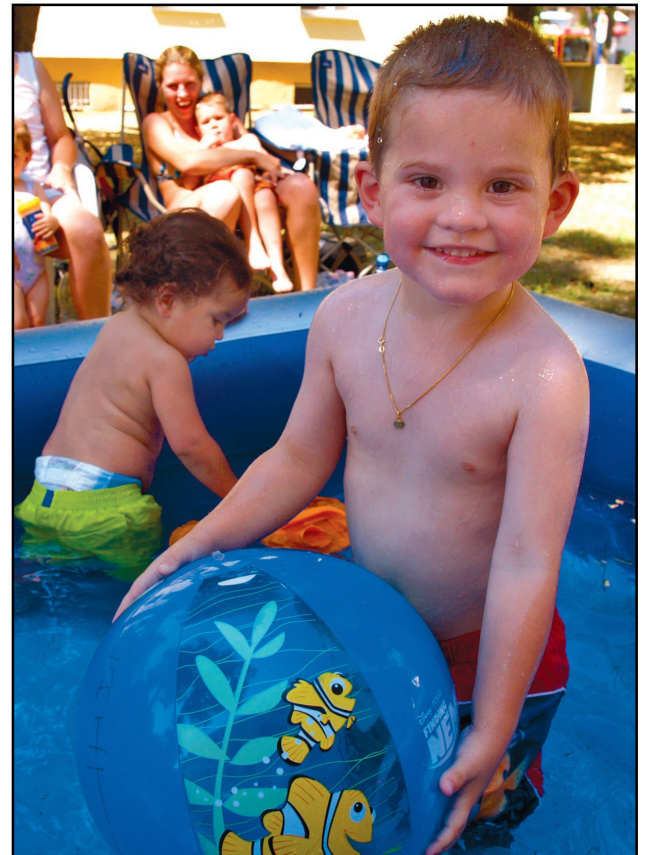


Photo by Dennis Johnson

Summer fun in the city

Erik Clark, 3, cools off on a sizzling day in a wading pool at Cardwell Housing in Hanau. Erik and Ozzy Perez, 18 months, enjoyed their summer fun with the proper adult supervision of Elizabeth Ruhf.

www.hanau.army.mil

Complete information for many summer activities in the Hanau area can be found online at www.hanau.army.mil. Check the "Things to Do" document and garrison schedule for on-post and off-post activities.

Dr. Hüwer

Dr. Weber

Pioneer Sales